

# The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

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## Recruiter screening team visit

The Recruiter Screening Team from Air Force Recruiting Service at Randolph Air Force Base, Texas, will conduct a briefing at the Bldg. 1025 conference room Monday at 3:30 p.m. The briefing for senior airmen through master sergeants focuses on the opportunities, challenges and rewards of recruiting duty. Spouses are encouraged to attend. For more information, see article on Page 5, or contact Master Sgt. James Burns at 6-7797.

## Sunday brunch

The officers club will offer brunch Sunday from 11 a.m. to 2 p.m. All ranks are welcome.



## That goes there

Drake Mickley, son of Airman Kevin Mickley, a student with the 365th Training Squadron, intently builds a "Star Wars" spacecraft with Lego blocks in "Miss Gwen" Moree's room at the Madrigal Youth Center. The youth center has activities for children in kindergarten through high school, including a babysitting certification course, after school sports, and piano and dance lessons. For more information, call the Madrigal Youth Center at 6-2342 or 6-5437. (Photo by Mike McKito)

## AETC commander speaks at ENJJPT graduation

By 2nd Lt. Brooke Brander  
*Base public affairs*

The commander of Air Education and Training Command spoke at the Euro-NATO Joint Jet Pilot Training graduation Aug. 2 and welcomed the 28 students of class 02-07 into the pilot community.

Gen. Donald Cook opened his remarks with a letter he had received from a fifth-grader who wanted to be a pilot.

The letter concluded on a comic note when the little boy

wrote, "I hope I don't get air sick because then I couldn't fly, and I'd have to go to work."

General Cook reminded the new pilots their duty was not all fun and glamour, and that their first obligation is as an officer in the military.

"Military service is public service of the highest degree," General Cook said.

He praised the ENJJPT program as one of the only flying programs of its type, train-

ing pilots from the NATO alliance side-by-side for 55 weeks.

"It is how we train together to better fight together and win together," he said.

As the general wrapped up his speech, he reminded the graduates of the four traits of a successful pilot: flight discipline, sound decision-making, teamwork and integrity.

He noted flight discipline is the foundation of flight safety. Sound decision-making is key

because aviators will rarely have 100 percent of the facts and indecision can be deadly when flying a sortie. Integrity is the bedrock of military forces, providing the trust that lives rely on, he said.

General Cook concluded by wishing the graduates the best of luck in all their future endeavors, with a final reminder that they always fly safely.

See Page 3 for more on the general's visit.



Team Sheppard Training 2002



**82nd Training Wing: 47,560 students trained to replenish America's combat capability**

**80th Flying Training Wing: 248 combat pilots trained for the NATO Alliance**







**Brig. Gen. Arthur Rooney Jr., 82nd TRW commander, presents Col. J.R. Tillery, 82nd Mission Support Group commander, and members of the 82nd MSG team, with the officers club game league trophy. The officers club conducted a seasonal game league from March through July, during which points were accumulated for an overall program winner. (Courtesy photo)**

### Wherry housing standards

Why is Wherry housing not being kept up to housing standards? The yards are looking bad, and bushes need to be cut. Can something be done about this? I want the housing office to start doing their inspections again and start giving people tickets.

Many tickets have been written already this spring and summer, and we'll continue to cite those not meeting standards. Housing occupants should take responsibility for caring for their homes and yards and not depend on someone forcing them to take action. The care of our homes and yards is a direct reflection on each of us. If you see a yard that is lacking in care, please inform the housing office staff, and a discrepancy ticket will be issued if necessary. We appreciate any help we can get in this area.

## Action Line 676-2000, [action.line@sheppard.af.mil](mailto:action.line@sheppard.af.mil)

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to

[action.line@sheppard.af.mil](mailto:action.line@sheppard.af.mil). Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.  
AAFES.....6-2211  
AF suggestion office....6-IDEA  
AFI 36-2903 issues.....6-2984  
Civil engineer/housing...6-2846  
Facilities maintenance..6-6524  
Civilian pay.....6-4890  
Commissary.....6-2750  
Comm squadron.....6-5524  
Dress and appearance....6-2984  
Education office.....6-6231

Family support.....6-4358  
Fraud, waste and abuse..6-2222  
Inspector general.....6-2031  
Military pay .....6-1851  
MEO.....6-2360  
Patient advocacy.....6-7791  
Safety.....6-4149  
Security forces.....6-2379  
Services Division .....6-2089  
CDC.....6-4244  
Youth center.....6-5395  
Golf course.....6-6369  
Billeting, gyms, athletics, and dining hall.....6-7429  
South bowling center....6-2170  
Victim assistance.....6-7206  
Base straight talk line.....6-4438

## Air Force releases all specialties from Stop-Loss

By Master Sgt. Ron Tull

*Air Force Print News*

WASHINGTON — The last officer and enlisted specialties on Stop-Loss will be released beginning Sept. 1.

In making the announcement, Secretary of the Air Force Dr. James G. Roche said the release will be phased in during a one-month period to allow both the Air Force and affected personnel time for transition.

"We have arrived at a new steady-state," Roche said. "Stop-Loss most certainly helped us get here successfully, but we had pledged all along that we wouldn't hold onto anyone longer than necessary."

The release, which affects three officer and 15 enlisted specialties, will begin with people who had original retirement or separation dates prior to April 1. They will be able to leave beginning Sept. 1.

During the second phase, individuals with retirement or separation dates between April 1 and Sept. 30 can be released.

In the final phase, anyone with a retirement or separation date of Oct. 1 or later can separate at his or her established date.

Members can request to remain on active duty up to five months to transition to civilian life and use accrued leave.

The release does not apply to airmen who are currently deployed in

support of operations Noble Eagle and Enduring Freedom; all deployed personnel will remain subject to Stop-Loss as long as they are deployed.

Upon completion of deployment, people will have up to five months to transition.

Stop-Loss was implemented shortly after the Sept. 11 terrorist attacks to meet unprecedented mission requirements. The process was reviewed every 60 days.

"We were very aware of the sacrifice our airmen and their families were making," Roche said.

"Service before self is an Air Force core value and their performance illustrated that."



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# Team Sheppard hosts AETC commander



General Donald Cook, the commander of Air Education and Training Command, accepts a unique plaque from the Euro-NATO Joint Jet Pilot Training graduating class 02-07, "Turbine Cowboys," Friday night. Speaking to the flying training graduates was the capstone of his visit, which included seeing the plans for the new 80th Flying Training Wing fitness center, touring the 80th Operations Squadron, and meeting with the instructors and students of the 89th Flying Training Squadron. During his keynote address, General Cook praised the ENJJPT program by saying, "We train together to better fight together and win together." (Photos by Lynn Bullard)

## Commentary: Recognize troops with more than plaques, coins

**By Chief Master Sgt. James Roy**

*14th FTW Command Chief Master Sergeant*

COLUMBUS AIR FORCE BASE, Miss. (AETCNS) – Read the following two statements and pick the one that is a form of recognition.

"Airman Smith you've done a great job on your monthly report" and "Our company grade officer of the quarter is Captain Smith."

Did you pick sentence one or two? If you picked both, you're right. Yes, it was a trick question, but sometimes supervisors lose sight of what recognition really is.

Anyone can read a dictionary, so let me give you my definition of recognition: acknowledging people's contributions. I

can tell you it has little impact unless the person on the receiving end believes the recognition is sincere.

If you take a look at the results of military exiting surveys, you will find the No. 1 reason people leave the Air Force is the lack of recognition or a sense of worth to the organization.

Likewise, the recent Air Force chief of staff survey results indicated people are somewhat dissatisfied with the recognition they received.

When I originally began to decipher the survey's statistics, I thought our folks were saying we had no formal recognition program.

How could someone say we didn't have recognition programs? There are quarterly and annual awards and just about

every functional area has their own awards program. The squadrons and shops usually have an individual or team award program. I became very defensive. How could someone think we don't recognize our people?

Well, after numerous question and answer sessions at seminars, airman and NCO calls, and just plain talking to people, I realized they were not talking about "formal" programs but rather the informal "pat on the back" for a job well done. This is usually one of the most difficult yet most important tasks for supervisors at all levels.

Supervision is a dynamic environment, and you have to be engaged every second if you want to be successful.

I classify supervisors in three

categories:

First, there are "The Jobbers," those people who are so engrossed in the demands of the job that they fail to understand who actually does the work. They take our most valuable resource – people – for granted.

Next is "The Buddy." These supervisors are engrossed in making sure everyone likes them. They are so concerned about not upsetting someone that they refuse to change the "shop norm." They often lose the respect of their people because they fail to take a stand on anything.

The last type is the "On-Target Supervisor." This person builds teams that produce results. The key is ensuring people have a sense of worthiness and are recognized for their contri-

butions. I've often heard these types of supervisors referred to as cheerleaders. They try to catch someone doing something right and recognize it.

Unfortunately, we too often fall into one of the first two traps, but we should strive to be an "On-Target Supervisor."

Recognition, like anything else if overdone, can dilute its effectiveness. Finding that fine line between overuse and effective recognition is an art, but if you want to be a great artist, you have to practice.

Start by catching people doing something right and thank them for their contributions. Plaques and coins are nice, but it doesn't take a material item to show your appreciation. A simple pat on the back will do.



# Innovation: New wing staff agency created for training

By Lana Bradley

82nd TRW Training Operations

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, recently cut the ceremonial ribbon to establish a new wing staff agency called training operations.

Formation of this agency resulted from a six-month study by a wing working group chaired by Col. Rebecca Russell, 882nd Training Group deputy commander. The group was tasked to find ways to focus and streamline the technical training process here. It was made up of personnel from each training group as well as the labor unions, civilian personnel, legal, manpower, plans and programs, and others who directly support the base's technical training mission.

Don Aday, deputy director of training operations, said the study came about for two reasons. First, the wing commander wanted one view on training. In addition, squadron commanders recognized that they were spending 10 percent of their time on training and 90 percent of their time in military discipline and felt these percentages should be re-arranged to better reflect what they were hired to do. The goal of the study was to



**Steven Smith, 82nd TRW Faculty Development, makes final adjustments to a digital teleprompter his students use while attending the Interactive Video Teletraining Techniques Course. This course is designed for individuals who are assigned to interactive video teletraining instructor duty. (Photo by Mike McKito)**

find ways to free the training squadrons and groups of support functions administered at the training level and better allow them to provide training to today's airmen. Unlike some reorganization efforts in the past, this move wasn't designed to reduce manpower, but to effectively align staff with mission and reduce duplicative efforts by con-

solidating key functions at wing-level and positioning the training groups equally.

As a result, the wing commander now has something he didn't have previously: a single point of contact for training issues.

"It's important to have a central point of contact because all training groups on Sheppard have a naturally different point of view on issues," said Aday. "Sometimes in the past when you would ask individuals [here] their view of a training issue you might get four or more perspectives – the aircraft maintenance, civil engineer, medical, or field training perspective – our centers of excellence."

Training operations is responsible for establishing wing oversight for key technical training functions such as training policy, instructional technology, student flow, dormitory management and training resources, as well as providing critical training analysis and data reporting to 2nd Air Force and Air Education and Training Command.

"We have consolidated a number of duplicate functions and also moved those operations that affected multiple

See AGENCY, Page 10

## SECAF, CSAF discuss Air Force's end-strength dilemma

By Tech. Sgt. Scott Elliott

Air Force Print News

WASHINGTON – When the job gets bigger, the natural inclination for an organization is to get larger to handle the increased workload.

The Air Force's senior leaders are not buying into that.

"It's sometimes easier for an organization to get larger and (stay) that way," said Secretary of the Air Force Dr. James G. Roche during a recent interview with Air Force Television News.

"Just increasing the end strength doesn't mean we're doing things smarter," he said. "We're just doing more of

what we did.

"This is a great debate," Roche said. "It's our view that just adding people without changing how you do things consumes a lot of resources."

To illustrate his point, Roche said that adding 7,000 new airmen would equal the cost of seven upgrades to E-3 Sentry airborne warning and control system aircraft.

"That's a lot of money," he said. "We as leaders have the responsibility to look to see (if) there are smarter ways of doing things. Are we asking people to do things we shouldn't? Do we have airmen serving in places that are not central to the mission of the

Air Force?

"We believe (in) trying to be smarter with how we employ our people, rather than just adding," he said.

Roche said very few people realize the most expensive and valued resource the Air Force has is its people.

Roche and Chief of Staff of the Air Force Gen. John P. Jumper said they are looking to major command commanders for ideas. Specifically, they are asking if tasks can be done more efficiently or with fewer people, by civilians rather than military, or if some tasks could be contracted out.

Air Force officials are looking at where people are aligned

and where unique military talents are needed to best use the skills mix; however, assumptions that military-to-civilian conversions will save money often neglect to factor in the increased costs of force development. Also, the Air Force must ensure the quality of civilian workers are on par with the military which they are replacing.

"We owe it to ourselves and to the nation, to the taxpayer, to take that look," General Jumper said.

One example General Jumper pointed to is the service's air expeditionary force concept. When the AEF construct was introduced in

1997, the Air Force had about 80,000 people, out of the 360,000 on active duty, on mobility status. That number is now up to 257,000 people who are capable of deploying.

"We don't have them packaged correctly yet," General Jumper said, "but (that's) an example of what you can do when you put your mind to it."

"The same sort of process is what we're trying to do as we find ways to make sure that [Air Force people] are actually engaged in the core competencies of our Air Force," General Jumper said.

The segment covering end strength appeared in the Monday edition of AFTV News.

## Recruiting Screening Team to visit

Air Force Recruiting Service would like to give you the chance to choose your next assignment and possibly manage your own office near or in your home state.

If you're a senior airman through master sergeant with less than 16 years, the Recruiter Screening Team may have the answer to your Air Force future.

**A team from Randolph Air Force Base, Texas, will host a one-hour briefing at the Bldg. 1025 conference room Monday at 3:30 p.m.**

In addition to volunteers, recruiting officials encourage those people who were identified by the Air Force Personnel Center and approved by their commander for recruiting duty to attend the briefing, as well as individuals in a mandatory retraining career field. The briefing will focus on the many benefits of being a recruiter and will address many of the rumors associated with recruiting duty.

Spouses are encouraged to attend, so they fully understand the challenges and rewards of becoming a recruiter.

More information is available on the team's website <http://www.afrecruiting.com/rescreening.asp> or by calling the Recruiter Screening Team point of contact Master Sgt. Douglas Byrd at DSN 487-3511/3512 or (210) 652-3511/3512. *(Courtesy of Air Force Recruiting Service)*

# Local businesses send Sheppard students to Texas Ranch Roundup

**By Lisa Lawson**

*North Texas Rehabilitation Center*

Sponsors of the Texas Ranch Roundup presented Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, with 200 Texas Ranch Roundup tickets at the Board of Commerce and Industry office, Monday.

David Morris, marketing director for Falls Distributing, and Lisa Lawson, director of marketing and development for the North Texas Rehabilitation Center, made the presentation of tickets

to General Rooney.

The Texas Roundup was the first ranch rodeo in the country and still gives audiences a glimpse into the real life of the everyday cowboy. It has been taking place for 22 years.

General Rooney thanked the BCI and sponsors for the 200 tickets.

"This is yet another great example of the tremendous support that the base enjoys from the community," said General Rooney.

The general said he was confident that the Roundup will not be an experience the stu-

dents will soon forget.

"The students that go are sure to have a great time," said General Rooney. "They will long remember this experience years after they have left Sheppard."

The Roundup pits working ranch hands from nine historic Texas ranches against each other for "Braggin' Rights."

The event will benefit the North Texas Rehabilitation Center, the West Texas Boys Ranch and the West Texas Rehabilitation Center.

Numerous local businesses donated the tickets that Sheppard received.

Businesses that made ticket donations include Barnard Insurance Agency; Ann and Denny Bishop Realty; Herb Easley Motors; M&F Litteken Company; Overhead Door Company; Wichita Falls Restaurant Supply; Bank One; Bundy, Young, Sims & Potter; Burk Royalty; James Lane Air Conditioning/Plumbing; MyStaf; Joe Pistocco Pontiac-Cadillac-Honda-BMW-Isuzu; Times Publishing Company; and Wells Fargo Bank. *(No federal endorsement of businesses intended.)*



## Safety Corner

Thunderstorms are common in this area. Here are tips on what to do in thunderstorms.

When a thunderstorm approaches:

- Find shelter in a building or vehicle. Keep the windows closed.

- Telephone lines and metal pipes can conduct electricity, so unplug appliances and avoid using the telephone or any electrical devices. Leaving electric lights on, however, does not increase the chances of your home being struck by lightning.

- Avoid taking a bath or shower, or running water for any other purpose.

- Turn off the air conditioner. Power surges from lightning can overload the compressor, resulting in a costly repair job.

- Draw blinds and shades over windows. If windows break due to objects blown by the wind, the shades will prevent most of the glass from shattering into your

home.

If caught outside:

- If you are in the woods, take shelter under the shorter trees.

- If you are boating or swimming, get to land and find shelter immediately.

Protecting yourself outside:

- Go to a low-lying, open place away from trees, poles or metal objects.

- Be a very small target. Squat low to the ground. Place your hands on your knees with your head between them.

- Do not lie flat on the ground. This will make you a larger target.

After the storm passes:

- Stay away from storm-damaged areas.

- Listen to the TV or radio for information and instructions.

Follow these tips and lessen your chance of being injured in a thunderstorm.

*(Courtesy of 82nd Training Wing safety office)*

## Helpful tips for using hand tools

Almost everyone uses hand tools – at work and at home.

The following checklist provides basic rules for using hand tools safely.

- \* Know the purpose of each tool in your toolbox. Use each for the specific task it was designed to do.

- \* Never use any tool unless you are trained to do so.

- \* Inspect tools before each use, and replace or repair if worn or damaged.

- \* Clean tools after every use.

- \* Keep cutting edges sharp.

- \* Test a cutting edge on

scrap material.

- \* Select the right size tool for the job.

- \* When working on ladders or scaffolding, secure your tools.

- \* Never put sharp or pointed tools in your pockets.

- \* When hand-carrying tools, point cutting edges away from you toward the ground.

- \* Lightly oil metal tools, and store in clean, dry place to prevent rust.

- \* Wear protective equipment, such as safety goggles, face shields and gloves, as required. *(Courtesy of 82nd Training Wing safety office)*

## Scholarships available for outstanding airmen to ROTC

**By James Mudd**

*82nd Mission Support Squadron*

The Leaders Encouraging Airman Development Phase II, Air Force Reserve Officer Training Corps Scholarships for Outstanding Airman to ROTC program authorizes commanders to identify outstanding and deserving airmen for 2- to 4-year scholarships.

Completed application packages need to arrive at the base education office by Sept. 23 to prepare for wing commander's review by Sept. 30. Wing commanders review and evaluate all SOAR packages.

Recommended packages must arrive at HQ AETC by

Oct. 15. Selected airmen are notified by AETC commander via the wing commander in December and are projected to enter school the following fall term.

Eligibility for the program requires applicants to have less than six years service; currently be on active duty; be under 27 years old as of June 30 of year eligible; be a U.S. citizen; have financial resources adequate for medical expenses while off active duty; minimum AFOQT scores of V-15, Q-10; have a high school or college GPA 2.5 or higher; be of good moral character and able to pass fitness test prior to leaving; have

a minimum SAT score combined verbal and math of 1100 or ACT composite score of 24 or higher; and must be nominated by commander on AF Form 56.

Interested airmen must discuss with their supervisors or commander for recommendation via AF Form 1206. Airmen should visit the education office, Bldg. 402, to see a counselor for assistance and to begin preparing an application package.

Visit the AFROTC Web site at <http://web1.maxwell.af.mil/afoats/enlisted/soar.htm> and <http://web1.maxwell.af.mil/afoats/enlisted/applysoar.html> for more information.



# Student Stuff

## Happenings on base and in the community

### Student center events

Every Monday, 6-8 p.m. - spade tournament  
Every Monday, 6-8 p.m. - jam session, bring your own instrument/equipment.

Every Tuesday, 5-8:30 p.m. - Country Video Night in the pub.

Every Wednesday, 7-9 p.m. - Variety Dance Night in the pub. Listen to Latin, hip-hop and R&B music.

Every Thursday, 5-9 p.m. - Video Night in the pub.

Every Friday and Saturday, 7-11:30 p.m. Club BDU

Every Sunday, 3-5 p.m. - billiards tournament in the pub.

### Hours of Operation

Mon-Thurs: 10:30 a.m. to 10 p.m.  
Friday and Saturday: 10:30 a.m. to 1 a.m.  
Sunday: Noon to 10 p.m.  
Holidays: Noon to 8 p.m.

### Golf etiquette lesson

Students are invited to the Wind Creek Golf Course for free golf etiquette lessons. Lessons are held every Sunday from 12:30-1 p.m. For more information, call the golf course at 6-6369.

### Games events

The student center hosts and demonstrates role-playing games, card games and miniature wargames, such as Dungeons & Dragons, Magic: The Gathering and Warhammer 40k, every Sunday in the sports bar at 2 p.m. For more information, call Pegagus Loft at 855-5020.

### 1950s dance

The student center will host a 1950s dance today from 7 p.m.-1 a.m. There will be a prize for the best dressed person in 50s attire. Call Sam Reola at 6-7659 for more information.

### Oratory contest

Students are invited to compete in an oratory contest today from 4-6 p.m. at the student center. Competitors will draw on a list of speeches provided by the student center within 72 hours of the event. Prizes will be given to first, second and third place winners. Students will be judged on delivery, interpretation and presence. For more information, call Sam Reola at 6-7659.

### Steak night in the park

Students can bring their own steak or meat to cook on Aug. 24 from 4-6 p.m. The student center will provide all the trimmings. Call Sam Reola at 6-7659 for more information.

### Chapel Events

Sheppard chapels offer a variety of programs for student enrichment:

#### Saturday

All students are invited to the "Solid Rock Cafe" held each Saturday at the south chapel. Dinner is served at 5 p.m., and a variety of scheduled activities take place from 4-9 p.m.

#### Tuesday

Base chaplains offer helpful classes every Tuesday, 2-4 p.m., in the north chapel for students awaiting training or those having already graduated.

#### Sunday

Students are invited to the north chapel at 5 p.m. on Sundays for Bible study, an informal get-together with refreshments and student-led music, ending with athletic activities at the north fitness center.

### Other Events

Midwestern State University's art department invites students to the Student Exhibition and Graduating Senior Exhibition in the Fain Fine Arts Gallery. The exhibition runs through Sept. 5. Call Midwestern's fine arts department at 397-4267 for more information.

## Student views: Basic military training at Lackland AFB



**By Airman 1st Class Jeremy Sard**

*361st Training Squadron*

The ironic part about this whole thing is I can remember, when I was about 14 or 15 years old, thinking to myself, "Man, I am never joining the military."

To this day, I don't know why I thought that, because now I'm thinking it's one of the best decisions I've ever made. At the time I decided to join, I was ready for a change, and the Air Force was the best opportunity to get out, see the world and get a great education.

It all started with a visit to the local Air Force recruiter, and then on to Montgomery Military Entrance Processing Station to sign on the dotted line and take the oath of enlistment. I don't mean to sound conceited, but I was never scared the entire time. I had made up my mind that this is what I wanted to do, and I was going to do it.

I arrived at Lackland Air Force Base, Texas, at around 2 a.m. Wednesday, March 29, to start "zero week." I was bused to my new home: the 321st Training Squadron. The first few days were, and still are, a com-

plete blur. Trainers hustled us around everywhere. I remember thinking to myself, "Now this is basic training!"

From the beginning, no one agreed with the methods employed by the military training instructors to instill the discipline we so badly needed. In fact, we couldn't figure out how this was supposed to instill discipline. But, at the same time, we couldn't see the bigger picture.

By the end - I guess I can only speak for myself - I wanted to shake their hands and thank them for what they had done for me. On that same note, I now have a great deal of respect for the training instructors at Lackland, simply because they are some of the hardest working people I have ever met. They are on call 24/7, and from what I've seen, work many 20-hour days. You have to really love your job to put up with those hours.

During week one, I actually got some time to think and started missing home. It was like that off and on, which made me appreciate the times they kept us busy.

Throughout my six-and-a-half-week tenure, I made some really good friends who I hope to keep for years to come. But, naturally, when you put 60 males in the same dorm for an extended period of time, you make a few enemies, as well. However, when it came to getting a task completed, the flight came

**See VIEW, Page 9**

## One more question from "50 More Questions Every Airman Can Answer"

*Editor's Note: Doctrine is the Air Force's accepted best practices, so it's important for all airmen to understand it, and, in turn, understand "why" and "how" we employ air and space power.*

### 6. What are core values?

Core values are those essential moral principles or beliefs that are held in the highest regard by an individual or group. The Air Force core values, *Integrity First, Service Before Self and Excellence in All We Do*, represent our firm convictions about the nature of our personal character, commitment to each other and the nation, and the manner in which we perform our service. Reflecting the core values in our personal and professional lives is a challenge that must be faced every single day. (Courtesy of Air Force Doctrine Center)



# VIEW

Continued from Page 8

together.

For my flight, week five got appropriately named "Water Week," instead of "Warrior Week."

We spent only the first Sunday night in our tents. The rest of the week we were "deployed" twice a day, to and from the Warrior Week Site due to the daily downpours that rained out every event, except classes and shooting the M-16s. The weather cleared up on the day we went to the range, which was the most fun part of BMT.

At first, we were a little upset that "the powers that be" were making us go back in our sixth week to complete the confidence course, but, when everyone was through, we were all pumped and glad we got the chance to participate.

Week six was pretty crazy with our schedule being changed around and time crunched due to the confidence course fiasco, but, in true Air Force fashion, we adapted and overcame.

This was also a time that I looked back and saw how my flight went from a bunch of long-haired, undisciplined "Rainbows" to being a finely-tuned military machines, thanks to our MTI, Staff Sgt. Mandy Midgett.

Graduation was one of the proudest moments of my life: marching down that bomb run and everyone in step, looking sharp. The unexpected F-16 group flyover gave me chills. The only thing that kept me from jumping up and down and cheering like a mad man was the military bearing that BMT so "gently" grounded in me.

It didn't really hit me until I was getting on the bus to ship out to Sheppard just how fast the time passed, and how, in a way, I had grown kind of comfortable at Lackland.

I couldn't believe it was actually over, but I was, and still am, ready for my next challenge.

## Achievers

**Congratulations to the following Unit Quarterly Award Winners for the third quarter of the fiscal year from April to June.**

*360th Training Squadron*

Capt. Joseph McFadden, Company Grade Officer of the Quarter

Master Sgt. Jeffery Culbertson, Senior Noncommissioned Officer of the Quarter

Tech. Sgt. Clinton Vandorn, Noncommissioned Officer of the Quarter

Tech. Sgt. Michael Dorazio, Military Training Leader of the Quarter

*383rd Training Squadron*

Capt. Carmia Sykes, Company Grade Officer of the Quarter

Master Sgt. Anthony Weary, Senior Noncommissioned Officer of the Quarter

Tech. Sgt. Cipriano Zarate, Noncommissioned Officer of

the Quarter

Wanda Dansby, GS-09 and Above Civilian of the Quarter

Audrey Arens, GS-08 and Below Civilian of the Quarter

Maj. Iona Graham, Officer Instructor of the Quarter

Staff Sgt. Lisa Kane, Enlisted Instructor of the Quarter

Staff Sgt. Aaron Weed, Junior Military Training Leader of the Quarter



**Sgt. Looksharp says...**

**"If hair is dyed, it must look natural."**



## AGENCY

**Continued from Page 4**

training groups to a more strategically functional location in the wing structure,” Aday said.

Previous group functions that have moved to wing-level include the registrar, military training support, Learning and Development Center, international student management, the Air Guard and Air Force Reserve liaisons, and faculty development.

Most of these organizations, although realigned functionally, won’t move physically. Also, those training support functions that remain in the training groups, such as training evaluation, standardization/evaluation, interactive courseware development, and resources, will realign as part of the group staffs, and eventually the 82nd Training Support Squadron will be deactivated.

“[With this new agency,] everyone benefits,” Aday said. “First, because we can facilitate and focus on a complete picture for training issues – military citizenship, technical skills and resource support. Second, because we can foster what General Rooney has called the ‘pockets of excellence.’ We want to ensure our airmen are constantly engaged in learning and developing both in their military citizenship and technical training skills for their successful Air Force career.”

## AFAS assists Sheppard members

**By Gary Shorts**

*82nd MSS Family Support Center*

Did you know the Air Force Aid Society is the official non-profit charitable organization for the Air Force?

It exists worldwide to provide assistance to you and your dependents in time of need.

Here at Sheppard the Air Force Aid Society is located at 718 I. Ave, Bldg. 796.

At Sheppard this week, the Air Force Aid Society assisted military personnel with short-term emergencies in

monetary assistance totaling \$13,051.70.

Out of that assistance, \$5,889.55 was loaned for emergency travel for airfare to attend funerals of loved ones. Emergency auto repair loans totaled \$3,244.02, and another \$3,317.70 was loaned for rents and basic living necessities.

If you think you need emergency assistance, first contact your squadron First Sergeant and schedule an appointment. Otherwise, contact Gary Shorts, Air Force Aid Society officer, at 6-4358.

## Sponsor people visiting base

**By Tech. Sgt. Teddy Meredith**

*82nd Security Forces Squadron*

Sponsoring individuals who are not normally affiliated with the installation onto base, can be one of the easiest tasks we do.

Yet, if you don't follow some simple guidelines, it can lead to delays for you and your guest.

When you choose to sponsor someone onto the installation, remember sponsors are responsible for the conduct of their visitors/guests at all times while they are on the installation. When the visit has concluded, sponsors are responsible for ensuring the visitor departs the installation.

Only personnel who possess a valid Department of Defense identification card may sponsor someone onto the installation. There are three ways to sponsor individuals onto base.

1. Complete and deliver an entry authority list to the Security Forces Operations Flight a minimum of three duty days prior to the event. This list must contain the date, time and place of the event, the last and first name of all guests/visitors in alphabetical order, and

the sponsor's name and phone number. When guests come to the event, they must be in possession of a valid photo ID. With these requirements met, the guests will be allowed to proceed without the issuance of an AF Form 75, Visitor/Vehicle Pass.

2. Base-affiliated personnel may physically or telephonically vouch a guest onto the installation by calling the Visitor's Center at 6-7441 and providing information about the guest. Guests must report to the Visitor's Center with a valid photo ID. After verification, they will be issued an AF Form 75.

3. If an event or situation arises where it is not feasible to create an EAL or vouch personnel onto the installation, a written request must be submitted to the security forces antiterrorism section no later than one month prior to the event. This allows time for a security determination to be conducted and to request approval of the event through the deputy support group commander.

Any questions concerning sponsoring individuals should be directed to the pass and registration office at 6-4135.





### ***Sweating to the onions***

Chef Stephen Turner “sweats” onions over an open flame in preparation for an Italian buffet at the officers club. As the club’s new head chef, Turner said he takes pride in preparing high quality meals for Team Sheppard members. *(Photo by Mike McKito)*

## Airman Education and Commissioning Program opens

By James Taylor

*82nd Mission Support Squadron*

The Airman Education and Commissioning Program Selection Board is usually scheduled to convene at HQ AFROTC in March of each year.

The specific date is pending for the year 2003. Application cut off dates are: memorandum of academic eligibility to AFIT/RRE is Jan.15, and the applications are due to HQ AFROTC Feb. 28.

This program is open to regular active-duty airmen only who wish to pursue a baccalaureate degree in meteorology, computer engineering, electrical engineering, foreign languages and foreign area.

Studies are limited to lan-

guages and nursing. Applicants should contact the base education office for specific eligibility requirements and assistance in preparing and submitting a package. Applicants who successfully complete their academic and AFROTC professional officer courses will receive their commission in the Air Force as a second lieutenant.

Airmen remain on active duty while attending school full-time for up to three years, are promoted to staff sergeant if not already holding this rank, receive all pay and allowances and full tuition and books.

The application process is lengthy and interested persons should start now. Contact a counselor in the ESC at Bldg. 402 or call 6-6231 for more information.



### ***Reveille and retreat***

According to the Sheppard Air Force Base Supplement 1 dated May 1, 2001, for Air Force Instruction 31-204: With the exception of responding emergency vehicles, all pedestrian traffic will come to a complete stop during the sounding of reveille at 6 a.m. or retreat at 4:30 p.m. Within reason, vehicle operators will pull to the right shoulder or curb of the roadway prior to stopping. *(Photo by 2nd Lt. Brooke Brander)*



# Sheppard NCO takes on 2nd Armed Forces Eco-Challenge in Alaska

**By 2nd Lt. Nathan Broshear**

*Base public affairs*

Tech. Sgt. Jonathan Redfern, a life support instructor with the 361st Training Squadron, left for Alaska Tuesday to participate in the 2nd Annual Armed Forces Eco-Challenge.

The grueling five-day event, which started today, is the qualifying trial for members of the armed forces to get to the World Championship Eco-Challenge to be held in Fiji.

"Adventure racing is the perfect fit for me," said Sergeant Redfern. "With my military background and running experience, this type of sport allows me to travel, race, learn and challenge my body and mind."

The three-time champion of the Panama Canal Ocean to Ocean Race is not the typical "tough guy." At 5-feet-10-inches tall, he weighs in at 140 pounds.

"We don't really have anyone on our team who is a big, muscle-bound athlete," Sergeant Redfern said. "Everyone is very good at a variety of tasks. That's our strong point: there are no weak links."

Sergeant Redfern, Master Sgt. Del Jantzen (retired), Capt. Shannon Phares and Capt. Maiya Kraus make up "Team Gear Up." Although the event is not financially supported by the Air Force or Department of Defense, team members may be granted permissive TDY to participate.

Team Gear Up members said they hope to represent their units well, while also benefiting a good cause.

"The race is hosted by TAPS, or Tragedy Assistance Program for Survivors, an organization that assists family members who lose a loved one in the line of duty," Sergeant Redfern ex-

plained. "It's great to be able to compete and help an organization that really looks out for military members: what a win-win."

Eco-Challenge consists of several events. The 250-mile course tasks teams with constant orienteering (map and compass reading), trekking (hiking and climbing over three different mountain peaks), mountain biking, and pack-rafting (one-man life raft carried the entire race, inflated and paddled down the river), while carrying food and water for the entire event.

Sergeant Redfern cited his wife, Edie, as the greatest factor to his success.

"I couldn't pull this off without her," he said. "She's my anchor. She's my manager, PR agent, best friend and biggest fan. I'm very lucky."



**Tech. Sgt. Jonathan Redfern, a life support instructor with the 361st Training Squadron, paddles his way to the finish line in a racing canoe during a locally-hosted adventure race. Sergeant Redfern and Team Gear Up will represent the Air Force at the 2nd Annual Armed Forces Eco-Challenge. (Photo by James Harrison II)**

**To place an ad in the *Senator*,  
call 767-SOLD (7653).**

## General activities

Pool hours of operation

The main pool, Capehart pool and Bunker Hill Water Park are open from now until Labor Day. Daily fees are \$2 for people age 16 and older and \$1 for people age 15 and under. For information about lap swimming, call 6-6460.

### Main pool – 6-6469

Monday-Friday, 1-7:45 p.m.

Saturday and Sunday, noon-7:45 p.m.

Weekends only after Labor Day. Also open Monday and Friday for lap swimming.

### Capehart pool – 6-4281

Saturday-Wednesday, noon-7:45 p.m.

Thursday-Friday, closed for maintenance.

Closed after Labor Day.

Family swim time during all hours of operations at the pool.

### Bunker Hill water park – 6-4161

Thursday-Tuesday, noon-7:45 p.m.

Weekends only after Labor Day.

### Give Parents a Break Program

Give Parents a Break Program is now being offered once a month by the child development center. Those eligible to use the program include parents of children 6 weeks through 5 years old whose spouse is deployed, on extended TDY or required to work extensive extended shifts. Also included are those parents who have been experiencing family crises such as the birth of a baby, serious illness of a family member, death in the family or extended illness of a family member. The next program will be held Aug. 16 from 7 to 10 p.m. Register two weeks in advance. Call the child development center at 6-2038 for more information or dates.

### Family child care homes

Family Child Care Homes are now recruiting housing residents interested in earning an income while staying at home. All materials, licensing and training are free. The FCC office is open Monday, Wednesday and Friday from 8-9 a.m., and Tuesday and Thursday from 4-5 p.m. For more information, call the office at 6-4237.

## Ping pong tournament

A ping pong tournament is held every Saturday at the community center at 2 p.m. Cost is \$2 per person. Trophies are awarded to the winners.

## Club activities

### No smoking policy

The officers and enlisted club began the Air Force no smoking policy within the club buildings Aug. 1. They ask that people don't smoke inside the club buildings. Call the officers club at 6-6460 or enlisted club at 6-2083 for more information.

### O'Club sandwich menu

The officers club offers a new sandwich line menu during lunch Monday-Friday, 11 a.m.-1 p.m. All ranks are welcome. The menu includes three combo meals, four wraps and four club specialties. Prices range from \$3.25 to \$5.25. For more information, call 6-6460.

### Motown, blues and jazz

The enlisted club provides an evening of motown, blues and jazz music every Sunday from 6-11 p.m. Call 6-2083 for more information.

### Wings or shrimp Wednesdays

The officers and enlisted clubs offer a choice of one pound of wings or one-half pound of shrimp Wednesdays during the social hour. For more information, call 6-6460.

### Big Bucks club drawing

Officers and enlisted club members are eligible for the Big Bucks club card drawings every Friday from 6-7 p.m. at both clubs.

## Upcoming trips

For tickets to area attractions, to sign up or get information about tours, visit the Information, Tickets & Tours office in the community center building or call 6-2302.

September – Dallas Cowboy game tickets are on sale now and cost \$45.

For outdoor activities, contact Outdoor Recreation at 6-4141 for more information about upcoming trips.

Sept. 14 – Wichita Mountains Hiking Trip will cost \$16 per person.

## At the Flicks

**Friday 6:30 p.m.**

Juwanna Mann

**Friday 9 p.m.**

Star Wars Episode II

**Saturday 2 p.m.**

Hey Arnold!

**Saturday 4:30 p.m.**

Bad Company

**Saturday 7 p.m.**

Star Wars Episode II

**Sunday 2 p.m.**

Hey Arnold!

**Sunday 4:30 p.m.**

Star Wars Episode II

**Thursday 6:30 p.m.**

Star Wars Episode II

**This schedule is subject to change without notice.  
For movie information, call 6-4427.**

**Juwanna Mann (PG-13)** – Miguel Nuez, Vivica Fox – When a bad boy ballplayer gets booted out of professional basketball, he wants so much to return to the game that he disguises himself as a female all-star, "Juwanna Mann," and joins the Women's National Basketball League.

**Star Wars Episode II (PG)** – Ewan McGregor, Natalie Portman – The galaxy has undergone significant change. Anakin has grown into the accomplished Jedi apprentice of Obi-Wan,

who has transitioned from student to teacher. As the two Jedi are assigned to protect Padme, they face choices that will impact not only their own fates, but the destiny of the Republic.

**Hey Arnold! (PG)** – Animated – Arnold is up against a powerful industrialist who invades the city and buys everything in sight, so he can knock it down and erect a huge "mall-plex." Can Arnold and his best friend, Gerald, find the document that can stop the bulldozers?

## Chapel Schedule

### Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel

Saturday, 4 p.m., Solid Rock Cafe, South Chapel

Sunday, 5 p.m., Sunday Evening

Gathering, North Chapel

### Catholic activities

#### Mass

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

Mon.-Fri., 11:30 a.m., North Chapel

### Reconciliation

Saturday, 4-4:30 p.m., North Chapel

### Protestant activities

#### Worship services

Saturday, 6:30 p.m., Solid Rock Worship (Liturgical), South Chapel

Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community Service, North Chapel

### Religious education

Saturday, 4 p.m., Marriage Group, Intercessory Prayer Team, Women's Bible

Surfing, South Chapel

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

### Bible studies

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel, South Chapel

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

### Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., Hospital Chapel

Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call

Kalista at 6-4370

**For more information, call  
the base chapel at 6-4370**

**Dental assistant training program**

The 82nd Dental Squadron, in association with the American Red Cross, is accepting applications for a Red Cross Dental Assistant Training Program. The program is six months long and will begin Monday. For information or to register, call Tech. Sgt. James Scaife at 6-4474 or visit the dental clinic.

**Military Personnel Flight closure**

All offices in the MPF will close Aug. 16 at 11:30 a.m. for an off-site, official function. Offices will reopen for customer service Aug. 19 at 8 a.m. In

the event of emergency, contact the command post at 6-6266 to page an MPF staff member.

**Sheppard Elementary**

Sheppard Elementary School is now enrolling kindergarten students through sixth graders who live in Wherry or South Bunker Hill. "Meet the Teacher Time" is Aug. 16 from 3-4 p.m.

**Officers' Spouses' Club Coffee**

The Sheppard Officers' Spouses' Club will hold its Community Activities & Organizations/Membership Coffee Aug. 21 in the officers club. The coffee will be held from 6-8 p.m.

with heavy hors d'oeuvres. Join us as we learn more about community and base services, spouses club membership and activities. There is no cost for this event, and reservations are appreciated, but not required, by noon Aug. 16 to Betsy O'Connor at 691-7542. **Child care is available. Reservations must be made by calling Ms. O'Connor at the above number.**

**Changes to refractive surgery**

Until further notice, the optometry clinic will no longer accept new applications for refractive surgery. The deadline

for pending applications will be Aug. 23. This change is due to current manning issues. The manning situation should improve to allow the clinic to begin accepting applications again in early 2003.

**NCMA speaker**

NCMA presents "Your Role in Transformation" by guest speaker Brig. Gen. Arthur Rooney Jr., commander of the 82nd Training Wing. The event will take place Aug. 27 at 11:30 a.m. at the officers club.

**Volunteers needed**

Volunteers are needed to set up and tear down for the non-

commissioned officer induction ceremony Aug. 30 at the enlisted club. If interested, contact Staff Sgt. Edmund Allen at 6-4474, Senior Airman Kenneth Daniel at 6-2365, or Staff Sgt. Timothy Molock at 6-2810.

**Red Cross volunteer**

The American Red Cross of North Central Texas needs a volunteer to help coordinate volunteers at the 82nd Medical Group. The volunteer coordinator works closely with other hospital volunteers, and the position can require as little as one or two half-days a week. For more information, call 6-1855.



# Soundoff

## What military benefit do you value most?



*"The health benefits and educational opportunities."*

~Airman Raymond Gomez,  
361st Training Squadron



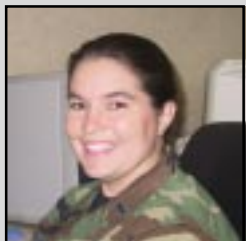
*"Opportunity to serve and travel."*

~Lt. Col. Bill Gampel, 82nd  
Judge Advocate



*"Thirty-days paid leave because it's hard to find any other company that does that."*

~2nd Lt. Joe Pulliam, TDY  
from 18th Munitions at Kadena  
Air Base



*"Free healthcare, because when I get sick, money will not be an issue, and I know I'll be receiving quality healthcare."*

~1st Lt. Adrienne Schmedthorst, 82nd Training Wing EEM  
Team



*"All the free premium dog food I can eat."*

~Johny military working dog,  
82nd Security Forces Squadron

# Sheppard airman flexes muscles, wins at Muscle Mania

By 2nd Lt. Brooke Brander

*Base public affairs*

Does Team Sheppard have the next Arnold Schwarzenegger training here? Possibly.

And Senior Airman Sanjiv Neal, 366th Training Squadron, may just be that man.

In May, Airman Neal competed and took second place at the Air Education and Training Command Muscle Mania 2002 bodybuilding competition at Little Rock Air Force Base, Ark.

Muscle Mania was only the beginning for Airman Neal. He also competed in two National Physique Competitions on June 22 and July 6. At the June NPC, Airman Neal took third place.

Airman Neal has been lifting since he was 13 years old, but didn't begin lifting seriously until three years ago.

"I started doing push-ups, sit-ups



**Senior Airman Sanjiv Neal, 366th Training Squadron, flexes his muscles, showing off the physique that won him second place in the Air Education and Training Command Muscle Mania 2002 bodybuilding competition. (Courtesy photo)**

and curls as a teenager," Airman Neal said, "but it was when I was in Korea that I started to lift seriously."

Before crossing into the blue, Airman Neal spent four years in the Army.

According to him, it was seeing the bodybuilders in Flex Magazine that started him down the road to competition.

"You've got to be disciplined until

your competition date, lose the fat and get cut," he said.

Airman Neal competed in the heavyweight category for those weighing in between 197 and 225 pounds. His lifting abilities surpass most. At his current 240 pounds, he can bench-press 400 pounds, squat 550 pounds and curl 150 pounds on the bar bell.

He said he found out about the AETC Muscle Mania 2002 while working out at the base south fitness center.

Airman Neal said he doesn't have any more competitions in his sights for the rest of the year.

"AETC was it for the year. Now I'm eating everything I can," he said with a smile.

However, he also said he plans to compete again in the spring of 2003.

"I'm adding weight now, and I'll cut up in the spring," he said.

# Sports

## Sports shorts

### Bowling meeting for ladies

The Thursday Rejects Pre-season Bowling Meeting for Ladies will be held Aug. 29 at 11:30 a.m. at the activities center, Bldg. 430. For those bowlers whose vehicles aren't registered on base, a seasonal pass is available. Drivers must have proof of current vehicle insurance, registration and inspection. Bring a covered dish and enjoy fellowship, fun and food. Bowling season will begin at 12:30 p.m. Sept. 5 at the south lanes. Contact Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619 for more information.

### R & R - Return to fitness prescription program

Fitness programs are now available for adults over age 50. Classes are held Monday, Wednesday and Friday from 8-9 a.m. at the south fitness center. Call Tech. Sgt. Yulanda Moffett at 6-2972 or 6-7491 for more information.

### Aerobics classes

The aerobiccenter is located in the south fitness center and offers coed aerobics classes seven days a week. Classes are offered as early as 5:30 a.m. and as late as 7 p.m. in low impact, intermediate and advanced exercise, including floor and step exercises, muscle sculpting and kickboxing. Call 6-2972 for specific times and classes.

### Yoga-pilate classes

The south fitness center is now offering yoga-pilate classes Monday and Wednesday at 10:15 a.m., Wednesday 5 p.m., Tuesday and Thursday 4:15 p.m., Thursday 6 p.m., and Saturday 3 p.m. For more information, call the fitness center at 6-2972. All classes are free.

### Golf course events

Wind Creek Golf Course holds many tournaments, clinics and lessons each week. For more information on these events, call the golf course at 6-6369.